

USU Student Spouses Club Newsletter

The SSC Scoop

September / October 2010

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A special "thanks" to all SSC members that submitted great articles & photos for this newsletter.



We are always looking for members to write for the newsletter. If you are interested in volunteering contact the Publications Editor for more information.

Tamara Roadfuss
 Publications Editor
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USUHS Welcomes New Students

By Alaina Gray

Welcome to USUHS. It is my hope that you are receiving a warm welcome as you get settled into USUHS and the DC area. We are very thankful for our time here at USUHS, and we have enjoyed the unique challenges each year of school has presented. When we arrived here 2 years ago, we had a 4, 2, and 1 year old. Now, Kevin has started his third year rotations, and the children have grown tremendously in their independence. Your time here will pass very quickly, especially if you maintain a positive attitude.

Here are a few suggestions that have helped us get acclimated to life in medical school and the area:

USUHS is a very supportive community. Being the wife of a third year med student and a mother to three young children, I fully understand how demanding med school can be on the life of a family. Our family recently experienced a challenging

personal situation, and I knew that Kevin could speak freely to his professors about our situation. He received full support and encouragement. The staff has an extremely receptive attitude towards the students and families and is willing to address and support any personal problems. The Office of Student Affairs posts on its website, "All [staff] maintain an "open-door" policy and work hard to facilitate the growth and development of USUHS students both as military officers and as physicians". The DC/VA/MD area provides endless activities. Sometimes, it feels like there are too many opportunities, as we often have to choose between a variety of really exciting events. Act like a tourist. Borrow local tour guides from the library. Sign up for email lists regarding your favorite type of activities. Pursue a new hobby. Learn a foreign language. Take a photography class. Your opportunities for personal and family enrichment are unlimited.

Cont'd on Pg 4

Orientation 2010

By Jennifer Markol

On Thursday, August 19 the Student Spouses Club held their annual Orientation for the incoming USU spouses. A breakfast assortment was provided and everyone had the chance to chat for a few minutes before things got started. Sarah Keleher, our President, kicked things off by giving us a brief introduction and told us a little bit about herself. The other SSC officers and chairs followed suit, and also gave a description of their committees. For those who need to be reminded, the SSC has six different committees - Adult Social, Fundraising, Parties, Parent-tot, Membership, and Sunshine. You are welcome to join any of them at any time! We also had two guest speakers at Orienta-

tion this year. This first was Dr. William Wittman from the Office of Student Affairs. He spoke about what to expect in the upcoming years and introduced the very handy "Happiness vs. Perceived Workload" graph.

Cont'd on Pg 7



From the President:

Sara Keleher



A big welcome to all the new members from the Graduate School of Nursing and the MSI class! We are off to a great start this year. Members worked hard over the summer to organize the Spouses Orientation, Welcome BBQ, and Fall BBQ – all of which were a great success! In the upcoming months, we will be busy with the Parent-Tot Halloween Party and the USU Holiday Party. We are always looking for suggestions and feedback, so please feel free to contact any of the officers and chairs! As always, our meetings are the first Wednesday of every month at 6:30. They are held either in the USU Cafeteria or at a member's house. Look on the website usuhs.mil/ssc for info regarding location. Meetings are open to all members and non-members, so bring a friend!

SSC CALENDAR OF EVENTS**November 3:** SSC Monthly Meeting, 6:30PM**December 1:** SSC Monthly Meeting, 6:30PM**Adult Social:** Visit website for more dates and activities**2nd Saturday of every month:** Couples' Night Out!**2nd Wednesday of every month:** Happy Hour!**3rd Tuesday of every month:** Spouses' Night Out!**Parties:** Visit website for more dates and activities

December 10: USU Holiday Party
 11:30am – 2:30pm in the USU Cafeteria
 \$5.00 per person

Parent Tot Group: Visit website for more dates and activities

October 28: Annual USUHS Halloween Party
 Visit website for dates and activities

For more information, please contact the SSC at
studentspousesclub@yahoo.com or visit our website at www.usuhs.mil/ssc/

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Getting to Know the Area

By Molly Grasso

It's safe to say that the DC metro area is a pretty well-known destination. Everyone is aware of the abundance of museums, monuments, and power centers spread around this great city. However, when I first moved here from the Pacific North West, I found it a little harder to find easily accessible nature. In the fall, when the leaves start changing to their brilliant hues and the humidity disappears, I always find myself craving a nice long walk outdoors.

After some searching, I found the autumn walk I was looking for at Great Falls Park, part of the C&O Canal National Historic Park, in Potomac Maryland. This is a truly spectacular place, and as the name implies, it is centered around a magnificent stretch of the Potomac river, where the lazy waterway is transformed into a tumbling, roaring, section of waterfalls that cascade over impressive natural rock structures.

While you can view the falls from both the Maryland & Virginia sides of the river, I've always gone to the Maryland side (it's that much closer) which is also steeped in history. The C&O Canal (Chesapeake & Ohio Canal) was the a major thoroughfare for commerce during the 18th & 19th centuries, as goods from Western Maryland were transported all the way down to DC to be traded. The canal stretches for an impressive 184.5 miles all the way from Cumberland, Maryland to Georgetown, DC.

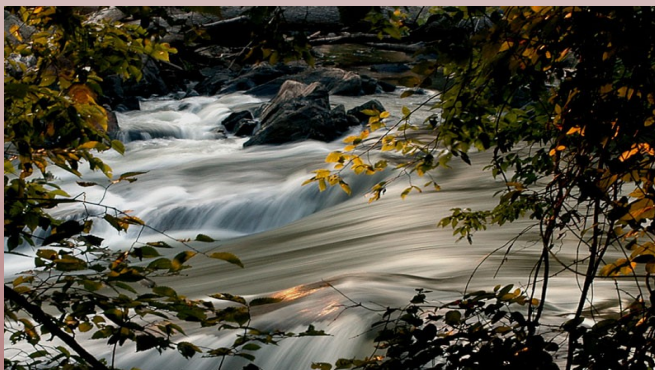
At the point of Great Falls park, the river was impassable due to the waterfalls and rapids. In order to continue the trade route, a series of Locks were built to give boats safe passage through this stretch of the river. While the canal is no longer used for commerce, you can still view the locks at the park, as well as learn more history about the Canal in the "Great Falls Tavern" which is now a visitor's center (aka, no food or drink).

Today, the C&O trail is a 13 mile stretch that starts at Great Falls Park, and takes you all the way to Georgetown. It is a well-maintained dirt path that meanders along the side of the locks, the river, and the falls. It is easily navigated on foot (even by little feet) and is smooth enough to be stroller and bike friendly. For those of you with furry friends, this is a dog friendly park, as long as they are leashed and picked up after.

Make sure to walk out to the overlook on the falls, which is well marked right off of the main parking area. While impressive any time of the year, this is definitely worth another visit in the spring when the volume of water from the winter's snows makes for a truly impressive display.

During the fall, you can enjoy the abundance of vibrant autumnal foliage all around you, with some truly spectacular view points, particularly when the trees reflect into the still areas of the canal.

The park is open 7 days a week from 9am – 4:30pm, closed on major holidays. There is a \$5.00 entrance fee per car, or \$3.00 per person over 16 who enter on foot or by bike. Please note that this park also expects you to take your trash with you, no garbage cans are on site.



Great Falls Park -Photo submitted by: Molly Grasso

Looking for something to do?

LOCAL EVENTS:

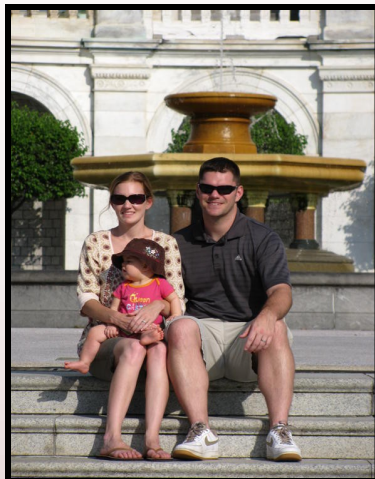
- 10/01 - 10/24** Boo at the Zoo - National Zoo, Washington DC
- 10/16 - 10/17** Bethesda row Art Festival, Bethesda Ave, Bethesda MD
- 10/22 - 10/24** Cirque du Soleil - Under the Grand Chapiteau at The Plateau at National Harbor
- 10/26 - 10/31** Washington International Horse Show - Verizon center, Washington DC
- 10/30** Alsatia Mummies Parade - Hagerstown, MD
- 11/07** National Race Against the Odds 5K - Bluemont Park, Arlington VA
- 11/06** First Saturday Downtown Open House - Market and Patrick Sts , Shab Row, Washington DC
- 11/06 - 12/18** Christmas Market & Craft Show - Agriculture Center, Westminster, MD
- 11/19 - 11/28** Maryland Christmas Show—Fredrick Fairgrounds, Fredrick, MD
- 11/22 - 01/03** Symphony of Lights - Columbia MD

Meet the Members



Erin Sorensen

Robby and Erin met while completing their undergrads at Brigham Young University in Provo Utah. He studied exercise science while she studied math education. They both found time to perform with the International Folk Dance Ensemble. Let it be known however that Robby did not dance. Instead he played with the Folk band, showing off his mandolin skills. Just what is folk dance you ask? Well it's Irish (yes just like river dance), Ukrainian, Hungarian, Chinese, Indian, and whole slew of other ethnic dances. Oh and there's clogging, lots of clogging. If you're still wondering, go google it. Together they performed, fell in love, got married, and then not 2 years later welcomed a bouncing baby boy into the family. Mr. Max as he's called came into the world on May 22 of this year, and his over admiring parents love him to pieces. When Robby's not studying, they like to rock climb, camp, hike, and have recently discovered tennis. Erin's favorite food is otter pops, Robby's favorite color is yellow, and Max's favorite pastime is eating. They're loving it here in Maryland and are always up for a new adventure with new friends, so call them to hang out. :)



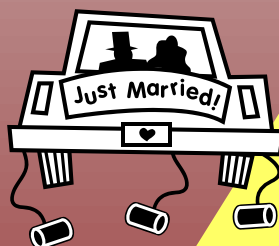
Rachel Ambrosen

We relocated from Pullman, a small town in Eastern Washington, where we both attended Washington State University (Go Cougs!). We live in Silver Spring with our 10 month old daughter Olivia, our dog Dani, and our loads of fish. As a family, we enjoy all things outdoors and are having a great time exploring all that the DC metro region has to offer. I'm looking forward to being more involved with the SSC this year and hope to make some new friends along the way!

USUHS Welcomes New Students— Cont'd from Pg 1

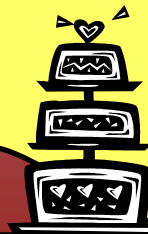
Become a member of the Student Spouse Club. There are a few ways for every person to get involved and meet new friends. The Adult Social group provides opportunities for spouses to get together during the weeknights and weekends. Parent Tot hosts about one event each week during the weekdays for spouses and their babies and young children. Being involved with the Student Spouse Club has provided me with a support group of people who understand my specific circumstances and has equipped me with much needed information about my husband's schedule and life as med student.

I hope that you enjoy your time here at USUHS and make the most of it!



Wedding Bells

Student	Spouse	Date
Nathan Holloway (2011), and Julie Whitis		July 24th



2010 Welcome BBQ

By Sarah Willett

Food, enthusiasm, and friendship were the general themes of this year's Annual SSC Welcome BBQ. New faces were greeted by the familiar as a nervous excitement collided with the warm dog days of summer. Despite road closures due to construction, over 30 families (four legged friends included!) found their way to the pavilions behind USU on Saturday, Aug. 25. Frosty beverages and homemade delights forged bonds between new and old friends.

Just like the bubbles they played with, children's laughter floated through the air as the divide between Army, Navy and Air Force were dissolved.

Events like this serve to strengthen the social bonds between USU families in order to help survive medical school and prepare for life in the military.

We would like to give a special thank you to Jeremy Mandia for getting our grill blazing. Austin Yoder, Andy Oh, James Contestable, and Rudy Schmiedecke for slaving over a hot fire to serve our hamburgers and hot dogs grilled to perfection.



**BBQ
PHOTOS!**



Organize Your Home

By Catherine Sobieszczyk

How to start: Go room by room, sit and spend time thinking about the placement of items. What could you do with-out? De-clutter and donate or use yahoo groups' freecycle: <http://www.freecycle.org/group/US/Maryland> On September 7th NPR's "Tell Me More" did a story on organizing the home, as school went back into session. It's ~18 minutes long and super helpful. Here's the link: "Moms: Surviving The Back To School Season". <http://www.npr.org/templates/story/story.php?storyId=129700507>

One take away was to think of your home as zones of "activity". Ms. Julie Morganstern (Author, "SHED Your Stuff, Change Your Life"): compared it to the set-up of a kindergarten room. She suggests we store items that are used for particular activities in the place or "space" where our family is most likely to do the activity. My example, for when this works, is to consider where you write bills (electronically or otherwise). Keep a basket with envelopes, stamps, pens, and return address labels all together. Another thought was to keep your table decorated (ie fresh flowers), so you are less likely to allow it to be cluttered. This too, has worked for me.

Have kids?

Save formula/ coffee/ oatmeal containers, covered them in cool paper and label the tops. In go puzzle pieces and smaller toys, sorted by category.

Paper, paper everywhere, but not a scrap to write on?

1. Maintain a family calendar in one place. Share on

google or go "old fashion" style, but keep up with those exams and events.... in ONE place.

2. Keep an annual tax "bin/ file", and receipts – save them for a year. I like to store them until tax time and then toss all receipts but the Holiday purchases.

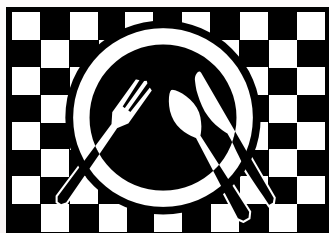
3. Too much paper and unwanted catalogs? Save the address labels and call to cancel.

Is your stomach rumbling?

List 10 meals that YOU can easily make. Keep a recorded list handy and when you are at the grocery store, buy ingredients for 5 meals at a time; rotate the list. Try Dream Dinners for a change in the routine: <http://silverspringdreamdinners.blogspot.com/> Need more of a list to buy at the store? Try <http://thescramble.com/> I did a six month subscription and it was fantastic to use the grocery list and have meal ideas ready to go. Inventory kitchen items every 6 months, if you haven't used it with-in 6 months, move it to storage. If not used for a year, then donate it.

Feel too tied and tired of the www?

Establish folders in your favorites. Keep one as a "daily check-in" list. I keep in mine: google calendar, certifikid (<http://certifikid.com/area/washington-dc>), Parent in Silver Spring (for more than just Silver Spring) (<http://aparentinsilverpring.com/>), food inspiration (<http://smittenkitchen.com/>) and my friends' blogs.



From the SSC Kitchen !

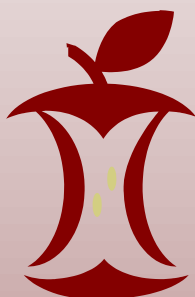
Easy Apple Cake

From: Molly Grasso

Fall is a beautiful (if late arriving) time in the DC Metro area. For my family, the arrival of cool, crisp fall air signals that it's time to start enjoying slow cooked meals, casseroles, stews, and baked goods again. The following recipe is a great way to enjoy one of the bounties of the fall, Apples!

Ingredients:

1 ½ sticks unsalted butter
4 large apples, peeled, cored and cut into chunks
1 tsp fresh lemon juice
¾ cup sugar +1 T
2 tsp cinnamon
½ tsp salt
2 eggs, lightly beaten
1 cup flour



Directions:

Preheat oven to 350 degrees. Butter a square glass baking dish.

In a saucepan, melt the butter and cook over medium heat until golden in color (about 7 minutes).

While the butter is cooking, toss the apples with lemon juice, 1 T of sugar, and the cinnamon. Spread apples in baking dish.

Stir the remaining sugar into the butter, and mix well. Let the butter mixture cool a bit, but not solidify. Then add the flour and salt, mix well. Lastly, add the egg and mix well. This forms your cake batter.

Spread the batter over the top of the apples and then sprinkle the top with sugar.

Bake for 50 minutes, or until the top is golden & crispy. Serve with a dollop of fresh whipped cream, or a scoop of vanilla ice cream.

Karla's Chili

From: Karla Villafan-Reed

Cook: (in a large pot cook onions with a bit of salt, pepper, olive oil, oregano and garlic. Add turkey and brown. Then mix in chilli powder)

-1 lb. ground turkey
-1 onion, chopped
-2 cloves garlic, minced
-2 tbsp. chilli powder
- salt, pepper, oregano
-1 tsp olive oil



Once above is well cooked, add to pot everything below and simmer at least an hour:

-2 cans kidney beans, light or dark or both
-1 can pinto beans
-1 can stewed/diced tomatoes, 15 oz.
-2 cups salsa, like Newman's own medium, one jar is fine
-1/2 frozen bag of corn, try Trader Joe's Roasted frozen corn
-1/2 frozen bag of mixed bell peppers, julienne cut (optional)
-4 oz. canned green chilies (optional)

serve with sharp cheddar shredded on top, sour cream, and chips. Enjoy!

Dill Veggie Dip

From: Tamara Road-fuss

Ingredients:

2 Cups Mayo
2 Cups Sour Cream
1 Tbs dried parsley
3 Tbs grated onion
3 Tbs dried dill weed
1 1/2 Tbs Salt



Directions:

In medium bowl combine all ingredients, mix well

Orientation 2010—Cont'd from Pg 1

Our second speaker was the new Brigade Commander, CPT Tanis M. Batsel Stewart. Dr. Stewart was a USU graduate and gave a great talk about her days in med school and how much the USU community has enriched her life. Following our guest speakers, brief tours of the USU campus were given followed by a Spouses Panel where new spouses were able to ask current MSII and MSIII students and their spouses any questions they had about school and life at USUHS. We ended up having a great turnout and we now have plenty of new additions to the club. Welcome new 2014 SOM and 2012 GSN spouses!



New Arrivals



- Matthew (2012) & Rachel Brown, Baby Matthew Barrett born 9/19, 9 lbs, 3 oz, 22 inches
- Anthon (2012) & Valere Lemon, Baby Natalie Blair born 9/16, 6 lbs, 0.8 oz, 18.5 inches
- Arneh (2013) & Daniela Babakhani, Baby Nicolas Edward born 9/7, 8 lbs, 8 oz, 21 inches
- Eric (2013) & Hannah Schott, Baby Amy Elizabeth born 8/20, 6 lbs, 15 oz, 20 inches
- Huckelberry & Elizabeth Finne, Baby Thomas Leif born 8/2, 8 lbs, 5oz, 21.8 inches
- Shelly (2014) & Lance Raska, Baby Reagan Marie born 8/2, 5 lbs, 3 oz, 18.5 inches
- Christopher (2013) & Maggie Cochran, Baby Gradon Christopher born 7/29, 8 lbs, 5 oz, 20.75 inches
- Joseph (2013) & Melissa Migliuri, Baby Daniela Raquel born 7/13, 7 lbs, 2 oz, 21 inches
- Paul (2013) & Karla Reed, Baby Jack Harrison born 6/30, 8lbs, 8 oz, 21.5 inches
- Mitch (2014) & Jenny Eliason, Baby Charlotte Flor born 6/11, 7 lbs, 9 oz, 19 inches
- Jonathon (2013) & Donna Campbell, Baby Annabelle Thi born 5/2, 8 lbs, 1 oz, 21.5 inches
- Christopher (2012) & Courtney Knaus, Baby Roman Briggs born 5/5, 7lbs, 2 oz, 19.25 inches

USU STUDENT SPOUSES CLUB

Publications Editor

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The Student Spouses Club (SSC) is an organization for the spouses and significant others of any active duty officer students at the Uniformed Services University of the Health Sciences. The goal of the SSC is to provide support, friendship, and community for student families through a variety of social and service activities throughout the year.

The SSC is a private, non-profit organization.

Uniformed Services University



Student Spouses Club

Student Spouses Club Membership Application

Welcome! Thank you for your interest in joining the Student Spouses Club. We provide an opportunity to meet new friends, develop or maintain useful skills and enjoy a variety of functions throughout the year. Please fill out the form below and turn it in along with your annual dues check of \$30 (made payable to Student Spouses Club) so that we can process your application without delay. A member of the SSC will be contacting you shortly to formally welcome you. We look forward to meeting you!

_____ Last Name	_____ First Name	_____ Home Phone	_____ Email Address	
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_____ Street Address Code	_____ City	_____ ST	_____ Zip
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_____ Student's Full Name	_____ Service Branch	_____ Year of Grad.	_____ Your DOB
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Children's Names & Ages

Committees you would like to have contact you with more information (please circle)

SSC Use Only

Date Received _____

Check number _____

Please return application & check to:

Student Spouses Club**4301 Jones Bridge Road Box 869 Bethesda, MD 20814**